





Suggested Hikes



Hike #1: Frazier Discovery Trail

1.2-mile circuit, easiest, 1 hour hiking time, 429-foot elevation gain. Follow Frazier Discovery Trail and go right at the intersection. Go uphill to an intersection where Frazier Discovery Trail joins the Appalachian Trail and turn left. At the next trail post, go left onto Frazier Discovery Trail, and descend to the starting point.



Hike #2: Loft Mountain Campground

3.6-mile lariat, moderate, 21/2 hours hiking time, 752-foot elevation gain. Follow the path to your right. Continue uphill, pass the Loft Mountain campstore, and cross the road. Take the amphitheater access trail. Go left at the concrete trail post. Continue to the next trail post and go left onto the Appalachian Trail (A.T.) north. Follow the A.T. to the campstore access trail, where you will turn left and reconnect with the path, which leads back to the starting point.



Look for Trail Markers

You'll find these trail markers at all trailheads and intersections. The metal bands are stamped with directional and mileage information.

Before You Go!

- Pets are not allowed on Fox Hollow Trail. Where allowed, pets must be on a leash at all times.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water-at least a quart per hour.
- Be sure you know your route. Free maps are available at entrance stations, visitor centers, and www.nps.gov/shen
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Leave what you find. Artifacts are protected by law.
- Please respect family cemeteries.



Leave No Trace Preservation through education: building awareness, appreciation, and respect for our public recreation places.